

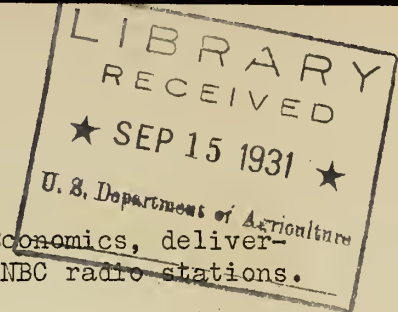
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THE HOUSEHOLD CALENDAR



A radio talk by Mabel C. Stienbarger, Bureau of Home Economics, delivered Thursday, September 3, through WRC and 43 other associate NBC radio stations.

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How do you do, Homemakers!

Last week Mrs. Carpenter talked to you about saving the surplus of vegetables and fruits now maturing so abundantly in gardens and orchards. She suggested putting up a supply not only for yourselves but also an extra amount for needy families next winter, and offered you bulletins on home canning, drying, storage, picklemaking, bottling fruit juices, and the making of fruit butters. Because of the great abundance of fine fruit this year, I think that many of you will be making jellies, jams, preserves, and the like even if it has not been your custom to do so every summer. These sugar-preserved products are so easy to make, and some of them are so easy to store because they don't even require air-tight sealing that it is a temptation to get out the preserving kettle even if it must be used in a city apartment.

There are really six of these homemade fruit products preserved by the use of a large quantity of sugar: Jellies, preserves, jams, marmalades, conserves, and butters. Most of them are made with either an equal weight of sugar and fruit, or with three-fourths as much sugar as fruit by weight. Weighing is much more accurate than measuring because no two lots of sliced or whole fruit will measure just the same, while sugar always packs in a measure approximately the same. The proportion of sugar to fruit is very important in making jelly, and is rather important in all six of these products. That is true at least if you are to get a jelly or a preserve that comes up to the ideal standard.

Sometimes it is difficult to distinguish preserves from jam because, I think, we are not all working with the same standard in mind. Preserves are whole or large pieces of fruit cooked in a heavy sugar sirup until the fruit is clear and transparent, tender and yet firm enough to hold its shape. The firm texture and transparent appearance are due to the method of cooking the fruit in a rather concentrated sugar solution. If you use too much sugar, or if your fruit is too hard, the result will be a tough, almost woody preserve. On the other hand if you use too little sugar, and happen at the same time to have extremely ripe fruit of a rather soft variety that cooks up easily, your fruit will become mushy and the juice will dilute the sirup so that you have something that resembles stewed fruit except that it is too sweet, and is something like jam except that the pieces are too large.

I have often heard Mrs. Yeatman say that she considers white heath clingstone peaches the best kind for preserves, though Elbertas are a good all-purpose variety. She feels that both the variety of peach and the method are important in making perfect peach preserves, and recommends that the peaches be cut up in uniform pieces and left over night sprinkled with their full quota of sugar, to draw out the juice. In this way no water has to be added in making the sirup, and the flavor is especially rich. This recipe for peach preserves is one of the 18 peach recipes from the Bureau that are yours for the asking.

Mentioning varieties just a minute ago reminded me that there are really three things to consider when you get out your preserving kettle, and try to decide whether to make jam, jelly, conserve, marmalade, or what. Your decision

depends partly on the kind of fruit you have, partly on the variety, and partly on its ripeness or soundness. It usually pays to divide up a batch of fruit, selecting the firmest, most perfect of the lot for canning or making preserves or pickles, and preparing the rest for jams or butters. Another economy is to make butters from the fruit pomace left after one extraction of juice has been made for jelly. I was in one of our experimental kitchens last week when there were two very beautiful lots of grape jelly and one lot of grape butter lined up, all having come from one batch of grapes put through the three processes, which was a strong point in favor of butters even after two jelly extractions.

Jam is a good way of using up some of the less perfect lots of fruit since it is made from small pieces cooked up to a soft mass in the sirup. Marmalades because they use both the skin and pulp require first quality products.

The recipe for amber marmalade is on page 132 of the revised edition of Aunt Sammy's Radio Recipes, which most of you have by this time I think. Following along through the next pages of that chapter you will find also crab-apple jelly, grape conserve, quince preserves, and yellow tomato preserves. F. B. 900, "Fruit Butters", has other recipes you may want.

Next week I shall give you some Bureau suggestions for picklemaking. In the meantime you might send for F. B. 1438 "Making Fermented Pickles", and for our special relish and pickle recipes.